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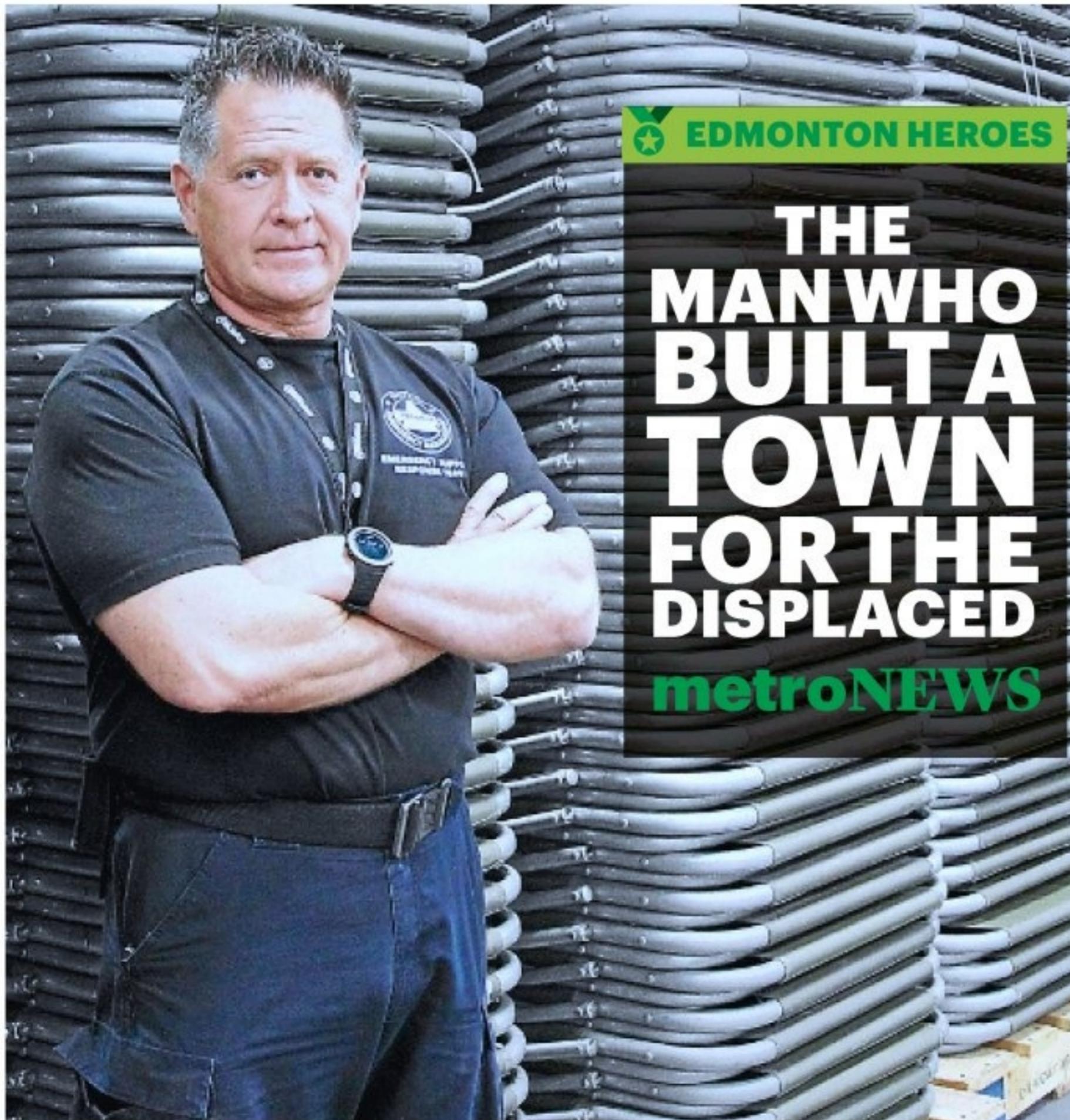
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EDMONTON HEROES

THE MAN WHO BUILT A TOWN FOR THE DISPLACED

metroNEWS

ESRT co-ordinator Rob Brekke in front of cots for evacuees sleeping at the Edmonton Expo Centre on Friday. KEVIN MAIMANN/METRO

Fort Mac donations hit \$100M

WILDFIRE RESPONSE

Organizers try to explain vast support from all walks of life

 Alex Boyd
Metro | Edmonton

Donations to the Red Cross to aid evacuees fleeing the Fort McMurray wildfire have crossed the \$100-million mark.

Officials with the organization confirmed the outpouring of money from people across the country has made it one of the largest fundraising efforts for a natural disaster in Canadian history.

Diane Shannon, executive director of the United Way chapter in Fort McMurray, said that while the city is used to helping out — residents rallied most recently for the flood in 2013 — to be in need of help is something new.

"This has been incredibly different and humbling to be on the receiving end for every single citizen, rather than on the giving end helping others," she said.

She credits much of the response to the demographics

of the city.

"Fort McMurray is made up of people from all across the country. Our roots are in every community in every province," she said. "Everybody knows a family that has a tie to Fort McMurray, and I think it felt really close to home for lots of people."

Adam Zawadiuk, president of the Edmonton chapter of the Association of Fundraising Professionals, adds that Albertans have a strong history of supporting their neighbours.

Zawadiuk, who calls the response the "largest and most rapid fundraising campaign I've ever seen," said media also played a major role.

"Strong media and social-media coverage provided a constant update of and immediate engagement with the evacuation," he said.

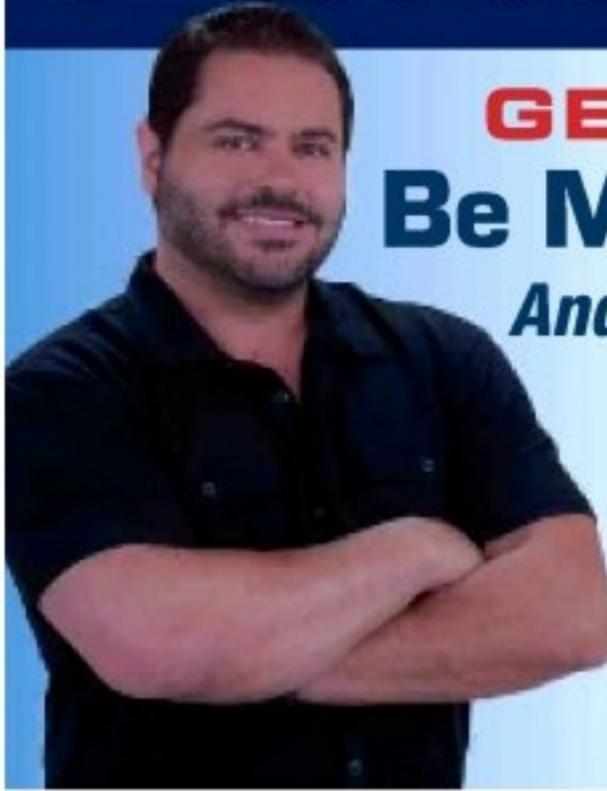
Both say donations have come from all sectors of society, showing how widespread the compassion is.

"We see everything from a substantial donation to a family that can afford to give five dollars," said Shannon.

"When I have a little eight-year-old boy standing in front of my desk and say, 'Here's a bag of money I collected, and my friends were selling lemonade all Mother's Day, and we want to help,' it makes you tear up."

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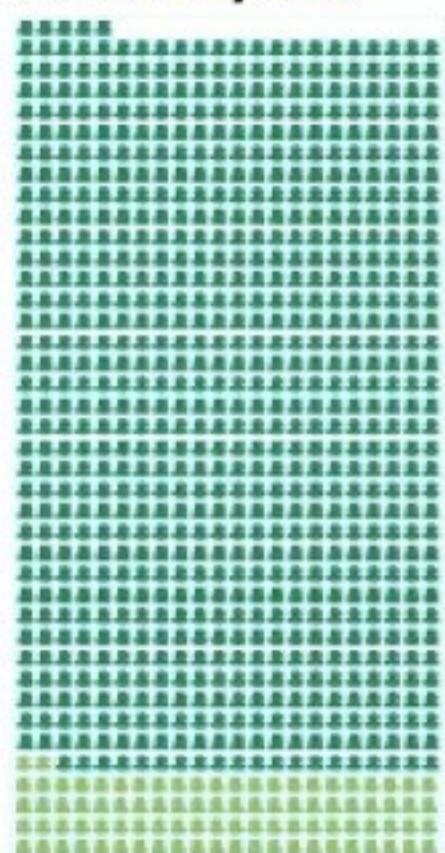
EDMONTON
Thursday, May 26
12:30 pm or 6:30 pm
Four Points by Sheraton
Edmonton South
7230 Argyll Road NW

EDMONTON
Friday, May 27
12:30 pm or 6:30 pm
Delta Edmonton Centre
Suite Hotel
10222 102 Street

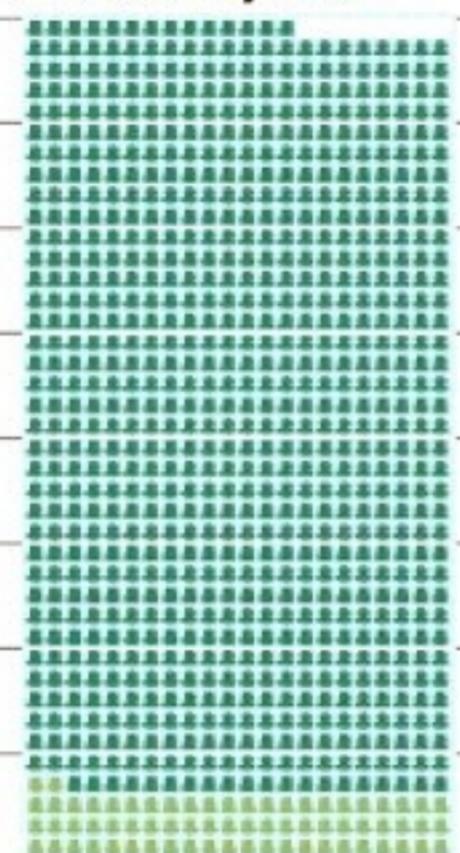
EDMONTON
Saturday, May 28
10:00 am or 2:00 pm
Hilton Garden Inn
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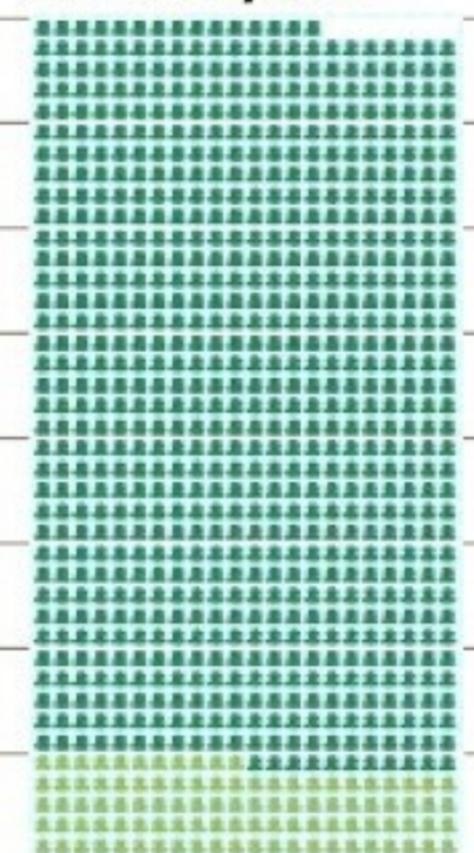
2011: 90/863



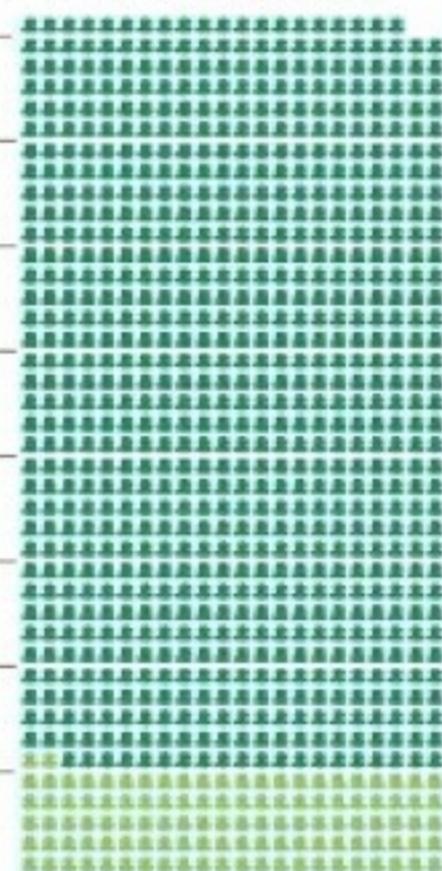
2012: 68/872



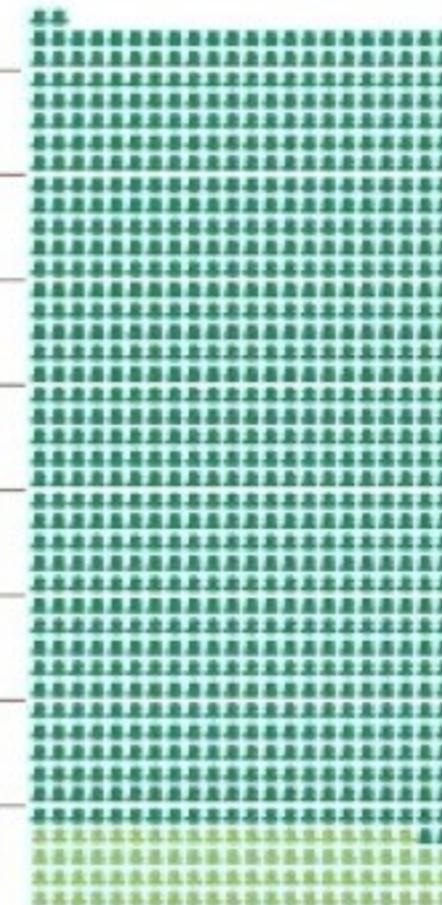
2013: 99/873



2014: 112/900



2015: 86/926



SEXUAL ASSAULT CASES OVER FIVE YEARS

The chart shows the number of sexual assault cases in each of the last five years that Edmonton Police deemed "unfounded" compared to the total number of cases.

880

770

660

550

440

330

220

110

● Total cases

● Unfounded

Police label cases 'unfounded'

SEXUAL ASSAULTS

Classification concerning to victims advocates

 **Ryan Tumilty**
Metro | Edmonton

Edmonton Police are classifying nearly 11 per cent of sexual assault complaints that come forward to them as unfounded, according to new data Metro

has obtained.

A freedom of information request shows police labeled 789 of the 7,233 complaints they received since 2007 as unfounded.

The categorization is used by police forces across the country. Edmonton Police Staff Sgt. Devin Laforce, who oversees the sexual assault section, said these cases are not unsolved, but they use the classification in specific circumstances.

"It's not just enough to not have evidence that a crime occurred, you actually have to have evidence that a crime

did not occur," he said.

Laforce said he's surprised the number is as high as it is.

"That is a little high, I think the larger context research is that it's between five and 10 per cent," he said.

He said unfounded cases are not largely cases where someone is deliberately fabricating an assault, but can involve mental health issues or memory loss and confusion.

"It also could be that they want to be malicious toward someone, but that's the minority," he stressed.

Sara Cameron, with the Sexual Assault Centre of Ed-

monton, said she was unaware police even had an unfounded category for investigations.

She said it's hard to know how to interpret the numbers

better understand how police use the category and she also questions whether or not it makes sense to even have one.

"I do have questions around

Starting with, 'I believe you,' is the most important thing that you can do.

Sara Cameron, Sexual Assault Centre of Edmonton

without knowing how that compares to other crimes police investigate.

"I would be interested to know what that unfounded category is like in other crimes."

She said she would like to

what that criteria would be for an unfounded status and I do wonder regardless how helpful it would be to have a category like that," she said.

She said even if all of the complaints that have been

categorized as unfounded are baseless, the vast majority of complaints are clearly legitimate.

"It's still such a huge percentage that are absolutely telling the truth about the experience that they have had," she said.

She said with so much stigma around sexual assault it's important people stand with victims.

"First and foremost, we focus on believing survivors, because so often the response they get from the general public is not to be believed," she said.

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 **UNIVERSITY OF ALBERTA**

Notley receives kudos on fire handling

GOVERNMENT RESPONSE

Premier the face and focus of blaze efforts

Premier Rachel Notley is getting high marks for leadership in handling the Fort McMurray wildfire crisis, but political observers say the disaster remains a dicey political proposition with limited upside and a lot of down-

side.

Political scientist Duane Bratt says the process of getting people back into their homes and getting aid and reconstruction money will tell the tale on how Notley will be remembered in the long term.

"On the political side ... if you handle it well, it's a short term blip," said Bratt, a political scientist with Mount Royal University in Calgary. "If you screw it up, it never goes away."

Notley has become the face and focus of efforts to contain the blaze and save the city.

It's been an organizational challenge orchestrated on the fly on multiple tracks: getting the evacuees out and fire crews in, securing the area from looting, and finding temporary homes for the displaced in Lac la Biche, Edmonton and beyond.

"She's handled this as well as can be expected," said Bratt.

Notley has also been credited

for her work with her political rival, Opposition Leader Brian Jean of the Wildrose party. Jean, who represents Fort McMurray in the legislature member, saw his own home destroyed in the fire.

Both Bratt and Calgary-based pollster Janet Brown agree Jean has done an admirable job, pushing Notley and her government on their fire-fighting and reconstruction efforts and on personifying the impact of the disaster.

THE CANADIAN PRESS



Alberta Premier Rachel Notley. JASON FRANSON/THE CANADIAN PRESS

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WEATHER

Rain skips over region



Ryan
Tumilty
Metro | Edmonton

While much of Alberta was deluged with rain this weekend, the wet weather largely skipped the Fort McMurray area where it is needed most.

Edmonton alone received over 50 millimeters of rain, but in Fort McMurray the totals were far lower and the fire grew to 522,000 hectares as of Sunday

afternoon.

"We have received a minimal amount of rain in Fort McMurray about 5 millimeters over the last 48 hours," said wildfire information officer Laura Stewart.

She said the lack of rain was disappointing, but the calmer weather did help a little bit.

Stewart added while rain would be better, the conditions over the last few days at least didn't involve extreme heat and high winds.

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EDMONTON HEROES Ordinary people doing extraordinary things

No 'average day' for centre boss

LEADERSHIP

Rob Brekke 'so impressed' with his team and city volunteers

Kevin Maimann
Metro | Edmonton

Running a reception centre for wildfire evacuees is not a 9-to-5 job, and it's anything but predictable.

"There hasn't been an average day," said Rob Brekke, the city of Edmonton's Emergency Support Response Team co-ordinator. "Every day is up and down. Mornings are different than nights. It fluctuates constantly."

A back room behind the hall where evacuees continued to register at the Edmonton Expo Centre Friday was packed with water bottles, diapers, strollers, baby food, sleeping cots and other necessities for the 231 people who were still living there. Brekke physically loaded in some of the items himself.

Since the first rush of thousands of Fort McMurray evacuees came in early May, his job has evolved from co-ordinating emergency supports to running a lodging centre.

"These people should have been here 24, 36, maybe 72 hours and then relief from outside agencies — the province, the feds — would come in and start to provide assistance," he said.

"We're already in Day 18 in the third week and the province's ball is starting to roll now. But it's now turned into a housing facility."

Brekke worked 16- to 24-hour shifts the first few days, and



City of Edmonton ESRT co-ordinator Rob Brekke poses at the Edmonton Expo Centre Friday. Brekke has co-ordinated emergency response teams and housing efforts since the Fort McMurray evacuees began arriving. KEVIN MAIMANN/METRO

his job has not slowed down much since.

Thankfully, he's well-qualified.

Brekke was a police officer for 26 years and led security teams at Olympic Games and high-profile international conferences, where he was charged with protecting world leaders.

Brekke activated his Edmonton team of 30 to 40 members on May 3 at 11:30 p.m. and had people on the ground setting



We're already in Day 18 in the third week and the province's ball is starting to roll now. But it's now turned into a housing facility.

Rob Brekke

up the reception centre within 20 minutes.

"I was so impressed," he said.

He grew his team to 120 and, with help from city manager Linda Cochrane, got a team of

700 city staff members pitching in.

The centre provides food, social services and medical treatment, aside from a place to sleep. Evacuees occupied six

halls in the Expo Centre at its peak, and that was down to three by Friday. People are moving along, albeit slower than he had hoped.

Brekke says the reception centre has been a success, and that's not only coming from evacuees, but visitors ranging from politicians to country stars.

Some people have told Brekke that he saved the city, but he wouldn't go that far.

"I may have helped with the

perception of the City of Edmonton and the responsiveness, and the ability to be able to step up and handle a situation like this. But I think we all are," he said.

"People are getting hugs from displaced people in relation to their response and us being here supporting them, and I think that's the true payback — where you get to see your team get that acknowledgment of the hard work they're putting in and the many hours."



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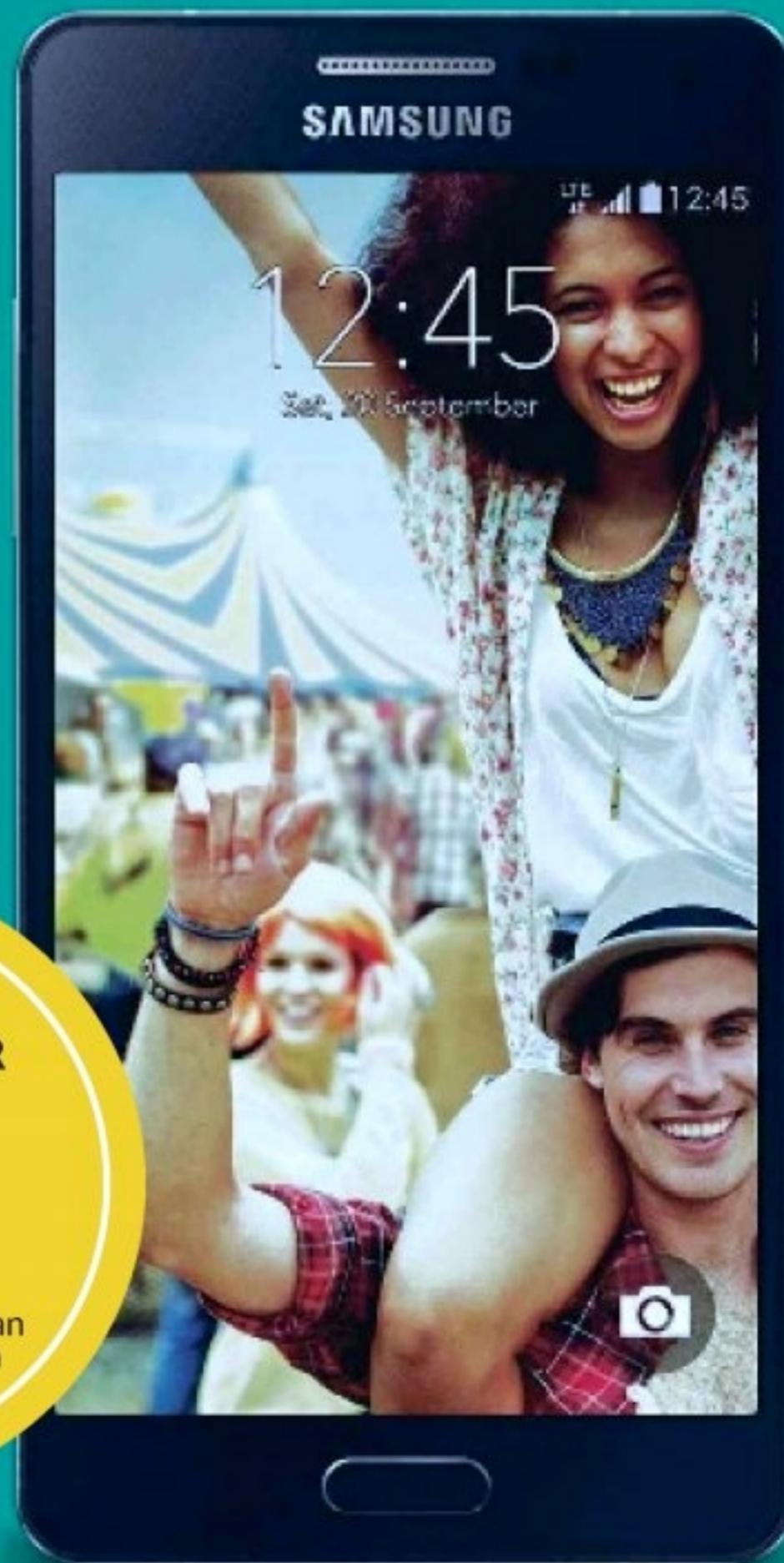
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Tool library seeking donations



One of the tool library's organizers, Robyn Webb, looks ready for work. METRO FILE

SHARING

Proposed facility would see home reno items lent out



Alex Boyd
Metro | Edmonton

The future Edmonton Tool Library is seeking financial backers so it can secure a location and move toward opening later this year.

The people behind the not-for-profit library, which would operate much like any other

library but with hammers and saws, have launched a Fundraiser campaign to raise the funds needed to finally move into a space.

"We actually have a space that we might be able to get into, but we need to raise \$6,000 before the end of May," said Leslie Bush, one of the project organizers.

Bush said that a donation of \$50 or more also gets donors a membership to the bank, though bigger contributions come with bigger perks, such as having a tool named after you.

Bush said minimum yearly costs are estimated at around \$15,000.

The plan is to train volunteers to run the library. Members could check out the tools they need for a set period of time and get basic instructions on how to use them.

Bush said it would make tools accessible to those who can't afford them, or just don't want to have to shell out for a pricey item they'll use only once or twice.

"It's a great idea that's worked well in other places and it just seems like such an easy way to get tools out there," Bush said.

"It'd be fantastic to have a place that's community-based and supports sharing resources."

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Prizzly, grolar — bear might be a rare hybrid

NATURE

Scientists think male grizzly mated female polar

When Didji Ishalook spotted the animal on the crest of a hill during a recent hunt in Nunavut he thought he had either an Arctic fox or a polar bear in his sight. Only when the 25-year-old approached his kill did he realize he might have something even rarer.

"They're saying it's a grizzly-polar bear hybrid," he said in an interview from his home in Arviat, 250 kilometres north of Churchill, Manitoba.

Known either as a grolar or a prizzly depending on whether the father is a grizzly or polar bear, the find — which can only be confirmed through genetic testing — is so rare that only a half-dozen or so kills have been confirmed in the last decade.



The strange-looking bear in question, suspected of being a grolar or prizzly bear. TORSTAR NEWS SERVICE

"I think it's 99 per cent sure that it's going to turn out to be a hybrid," said Ian Stirling, an emeritus research scientist with Environment Canada and adjunct professor at the University of Alberta.

Ishalook's bear, which was caught in accordance with laws that allow Inuit to practice subsistence hunting, has now been skinned and the fur is sitting in his freezer, though he plans to send it to a taxider-

mist. Photos of the freshly killed animal were posted to Facebook earlier this month, picked up by the CBC and are now buzzing through international scientific circles.

They are attracting attention not only for the rarity of the potential find — the first confirmed polar-grizzly hybrid in recent memory was trapped in 2006 — but for what it might tell us about bear evolution and adaptation in the face of climate change.

"The unusual thing here is, 'How did a male grizzly bear bump into a female polar bear?'" said Andrew Derocher, a biology professor at the University of Alberta who studies the effects of climate change on polar bears.

"Most of the mating activity of polar bears is occurring out on the sea ice, so there's a spacial discontinuity between where a grizzly bear would be in the spring and where a polar bear would be in the spring."

TORSTAR NEWS SERVICE

DIPLOMACY

Trudeau in Japan to talk partnership

Prime Minister Justin Trudeau will sit down with his Japanese counterpart Tuesday to discuss the countries' business ties as well as security co-operation before the Group of Seven summit later this week.

Trudeau's agenda for his meeting with Prime Minister Shinzo Abe includes issues like investment, education and trade, such as the huge 12-country treaty known as the Trans-Pacific Partnership.

With hope of attracting business investment to Canada, Trudeau will also meet auto-sector executives, including the

presidents of three automakers: Honda, Toyota and Subaru.

Trudeau and his wife, Sophie Gregoire Trudeau, will visit the Meiji Shrine and meet the emperor and empress of Japan before the prime minister sits down with Abe.

For his part, Abe is expected to raise a pressing subject for the Japanese: regional security.

Japan is deeply concerned about North Korea's recent nuclear tests and missile launches as well as an ongoing territorial dispute with China in the East China Sea and South China Sea.

THE CANADIAN PRESS

EDUCATION

Displaced children need more money

The world must do more to educate children forced from their homes as it grapples with the epic level of humanitarian disaster unfolding across the globe, says Canada's development minister.

Marie-Claude Bibeau said Mon-

day that too little of the already insufficient amount of global humanitarian assistance is being directed to educate children forced to flee their homes.

Unless more resources are redirected, more children will lose out, she said. THE CANADIAN PRESS

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Acquittal in Gray case

COURT

Young black man suffered injuries in police van

A Baltimore officer was acquitted of assault and other charges Monday in the arrest of Freddie Gray, dealing prosecutors a second straight blow in their bid to hold police accountable for the black man's death from spinal injuries suffered in the back of a police van.



Freddie Gray
WIKIPEDIA.COM

The judge who decided Officer Edward Nero's fate in the non-jury trial concluded Nero played little role in the arrest and wasn't responsible for the failure by police to buckle Gray in during the jolting ride.

Upon hearing the verdict, Nero hugged his attorney and appeared to wipe away a tear.

Nero, who is white, was the second of six officers charged in the racially combustible case to stand trial. The manslaughter case against Officer William Porter ended in a mistrial in December when the jury deadlocked. Prosecutors plan to retry him at some point.

The next case to go to trial is that of the van driver, who faces the most serious charge of all, second-degree murder. His case is set for June 6.

Gray died a week after his neck was broken during the ride while he was handcuffed and shackled but not belted in. His death triggered rioting, looting and arson in Baltimore, and his name became a rallying cry in the nationwide furor over the deaths of black men in clashes with police.

Nero, 30, waived his right to a jury trial, choosing to argue his case before Circuit Judge Barry Williams.

THE ASSOCIATED PRESS



19-year-old Farah Sheikh Ahmed, from Idlib, Syria, with her baby girl Maram.

34-year-old Wajdan Shalhob, from Daraa, Syria, with her baby boy Faouaz.

24-year-old Asmaa, from Damascus, Syria, and her baby girl Jana.

Rojin, a Kurdish-Syrian mother from Qamishli, Syria, with her baby girl Beritan.

ALL PHOTOS: THE ASSOCIATED PRESS

MIGRANT CRISIS

The little newborns of Idomeni, Greece

The women walked across the Syrian border into Turkey heavily pregnant, crossed the Aegean Sea in perilous journeys that risked their own lives and those of the babies they carried, because they dreamed of their children being born in a better world, in a peaceful, prosperous country in central or northern Europe.

But Balkan and European countries shut their borders earlier this year, leaving pregnant women among 54,000 people stranded in Greece.

Trapped by the closure of the Macedonian border, dozens

of women have brought their children into the world in refugee camps in Greece, of which the largest is the sprawling, impromptu camp at Idomeni.

Uday was born on April 13. The entire first month of his life has been spent in the small tent his parents pitched in front of the Idomeni railway station, where his mother, 21-year-old Alia Mohamad, nurses him and struggles to quiet his constant crying.

"I don't know what his future is," said Mohamad, who fled with her husband from Aleppo in Syria and has been in Idomeni

since Feb. 28. "What I think is that my child's future is lost."

According to the local hospital in the nearby town of Kilkis, 120 women staying at Idomeni have given birth at the hospital since the start of the year, while one gave birth in the camp itself and was then transferred to the hospital.

Despite pressure from Greek authorities for refugees to leave the sprawling Idomeni camp for organized refugee camps elsewhere, many of the women with very young infants are reluctant to move, fearing there will not be adequate care there

for their babies. In Idomeni, volunteers and aid organizations have been delivering milk and other necessities.

Fatima Dali Hassan, a 25-year-old Kurd from Aleppo, arrived in Idomeni with her husband and three small daughters, when she was seven months pregnant.

The family's new member, a little boy they named Mohamed, was born in Kilkis hospital on March 27.

"We started (this journey) for a better future of my children," she said. "Syria is destroyed for the next 20 generations."

THE ASSOCIATED PRESS

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Italian Seniors Centre, 9111 110 Ave NW

Wednesday, May 25 — NW Edmonton — 6-8:30 pm

Central Lions Seniors Recreation Centre, 11113 113 St NW

Thursday, May 26 — SE Edmonton — 6-8:30 pm

Mill Woods Seniors & Multicultural Centre,
2610 Hewes Way NW (above the Mill Woods Library)

Monday, May 30 — SW Edmonton — 6-8:30 pm

Harry Ainlay High School — Gymnasium, 4350 111 St NW

Wednesday, June 1 — Downtown — 6-8:30 pm

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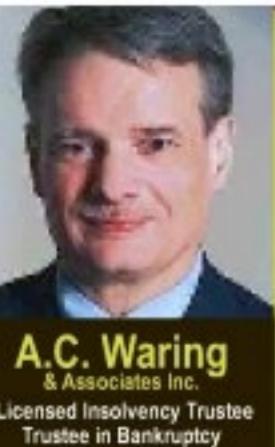
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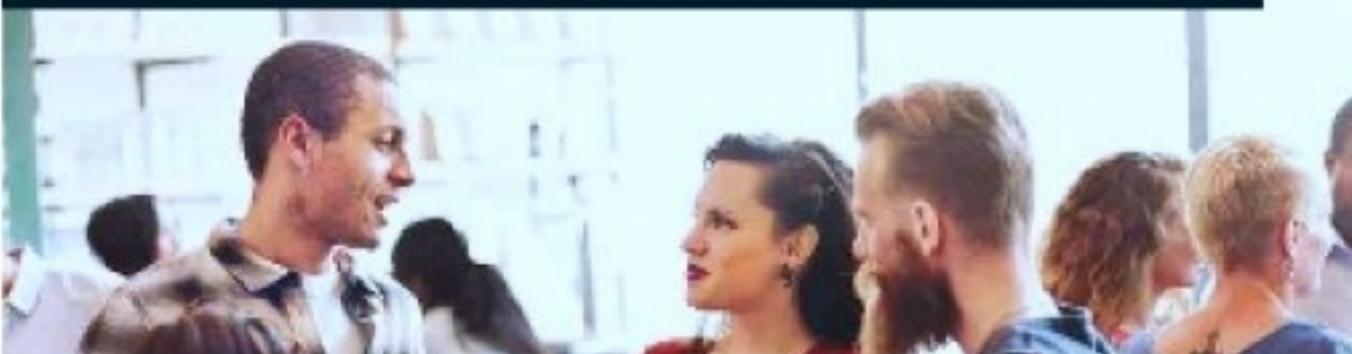
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edmonton.ca/matureneighbourhoodoverlay

Louise Howard works on the baby clothes and accessories she makes from her home in Montreal. Howard is one of a growing number of Canadians working from home. THE CANADIAN PRESS

Telecommuting is growing rapidly**WORKPLACE****Companies aim to save money, respond to employees**

Like many Canadians, Carla Holub has gladly given up commuting for the ease and comfort of working from home.

The 41-year-old WestJet sales agent says she has no regrets since she made the change three years ago. Telecommuting affords her the time to take her children to dance lessons and hockey while reducing her lunch, coffee, gas and car insurance costs, she says.

"It's been a great switch," she said from Calgary. "It just freed up a good two hours of my personal time being able to work from my home office."

WestJet Airlines plans to establish a bilingual call centre in Moncton, N.B., but most of the 400 agents will work from home. They will join about 85

per cent of the airline's 900 call centre workers in Calgary who since 2013 have shifted to fielding customer calls remotely.

The move has saved WestJet the cost of expanding its office to accommodate its growing staff, though that is partially offset by expenses to buy extra computers for employees so that they can work from home.

The shift to telecommuting has accelerated since the 1990s growth of technology, said Sheryl Boswell, director of marketing for job website Monster Canada.

She said most companies that allow employees to work from home are looking to build their businesses without added office expenses. They are also seeking access to a broader talent pool, she said.

More than 1.7 million paid employees — those not self-employed — worked

5,000

The number of home-based employment positions listed on Monster Canada.

from home in 2008 at least once a week, up almost 23 per cent from the 1.4 million in 2000, according to the latest Statistics Canada report on the subject in 2010.

Despite the increase, the proportion of paid employees working from

home grew by just one percentage point to 11.2 per cent during the period. A faster pace of growth among self-employed pushed the total proportion of people working from home up two percentage points to 19 per cent in 2008.

Louise Howard is typical of those many self-employed home workers. The mother of children aged six and eight spends a few hours a day sewing clothing and accessories for children from her dining room that she sells online and to neighbourhood stores.

"It's more a hobby that's become a business by accident," said Howard. THE CANADIAN PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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| 2 | 9 | 8 | 3 | 7 | 6 | 4 | 5 | 1 |
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| 8 | 7 | 9 | 4 | 6 | 2 | 5 | 1 | 3 |
| 3 | 1 | 5 | 8 | 9 | 7 | 6 | 2 | 4 |
| 4 | 6 | 2 | 1 | 5 | 3 | 7 | 9 | 8 |

ROSEMARY WESTWOOD ON THE DOWNSIDES OF FAST FASHION

We routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters where and how it was farmed, spun and woven, and how much the farmers and factory workers earned.

The hummingbirds almost look alive. Intricately stitched in blues, hovering near pansies shaded purple and orange. It is a delicate piece of embroidery — a point underlined by the quote above the work, etched into glass that blocks fingers from stroking the threads: “I do this work out of love for my craft. No amount of money could cover the labour involved.” — Faustina Sumano Garcia.

Her blouse was, of course, paid for. The Royal Ontario Museum commissioned it for a recent exhibition, *jViva México!* Clothing & Culture, which wrapped this past weekend. But the point is made: This is not fast-fashion handiwork. The blouse hangs beside blankets, tablecloths and dresses, all fabrics more properly deemed “textile art” in the exhibition literature. It took Garcia, an award-winning artist, “several” months to painstakingly hand embroider her piece in satin thread, we’re told. And that makes it the antithesis of the fabrics we are surrounded by today.

On your body now likely hangs something far less fine. Perhaps that makes

sense. We’re so used to owning a dozen of everything (dresses, pants,

shoes) that it would seem wild to spend all that much on each item.

Metro POLL

Who lost #Elbowgate?

After last Wednesday’s melee in the House of Commons — when Prime Minister Justin Trudeau took the Conservative whip by the arm, elbowed an NDP MP and got into a verbal fight with NDP Leader Thomas Mulcair — all three parties sought to turn the incident to their advantage, and the media jumped all over the story. We asked: who came off looking worst?

61% Mulcair and the NDP. They completely overreacted.

19% The media. They sensationalized and worsened the situation.

17% Justin Trudeau. He acted like an arrogant, entitled lout.

3% The Conservatives. They could have taken the high road, but they didn’t.

The media loves these easy stories instead of covering important issues.

Mulcair was unbelievably childish.

The elbowing was clearly accidental. An apology should have sufficed.

Trudeau was STUPID to get up and create this maelstrom.

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HAVE YOUR SAY



How frequently do you wander the aisles of an H&M or Zara and marvel at the fabric?



Centennial Plaza: A little park with big potential

URBAN PARADIS

Danielle Paradis



that with a little redesign, some of the energy that once existed in the marketplace can be brought back.

The park isn’t in use because the city can’t get it right. Edmonton is capable of creating vibrant public spaces. The best example is the new park on 104 Street close to a farmers’ market and festival.

It’s really nice to see dingy back alleys transformed.

But what about the concrete slabs already in existence?

I’ve seen Centennial Plaza put to use. In the summer, chalk drawings appear. I also once watched a lively Zumba class. Mackespace2 illuminated the square with a light and art installation in 2013 and really showed the city what is possible.

Usually though, the space seems empty — except for a few people huddled against the library wall.

There’s a lot of potential in a space like this. In a city whose residents are already battling between spaces for pedestrians, cyclists and cars, here’s a wide strip that offers a corridor for all travel. With new seating, it is easy to imagine people spilling out of the library to read their books here.

According to the EPL website, the \$62.5 million renovation project is set to begin in 2017. The rendering of the building is magnificent: modern and glass. I just hope they save a bit to create a public space on the outside.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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The more you Knowles

Beyoncé's surprise visual album *Lemonade* has been a lightning rod for discussion since its April 23 release. The response is a credit to the complexity of the album, both musically and visually. After all, it's hard to imagine American feminist Bell Hooks writing an essay on, say, the new Ariana Grande album the way she did with *Lemonade*. Here, three professors who teach Beyoncé give us a crash course on Queen B. Welcome to the University of Bey.

TORSTAR NEWS SERVICE

1 Melissa Avdeeff

Position: Sessional lecturer in the School of Music, University of Victoria

Course Name: Beyoncé

Course Description: With Beyoncé as a case study, the course looks at race, gender and sexuality in popular music.

Why B? Avdeeff, a contributor to *The Beyoncé Effect*, a forthcoming book of critical essays, was interested in how Beyoncé disrupts norms of gender and sexuality.

"She's a very feminine figure, a very sexual figure, but she's also very strong-willed and independent," Avdeeff says.

Life After Lemonade: Releasing *Lemonade* on HBO, Avdeeff says, gave the project a water-cooler cachet reminiscent of a bygone media era.

"Think back to the '50s in television," she says.

"Everyone watched the same three channels so the next day you're like, 'Hey, did you see such and such on TV?' That was an event."

"We haven't had any other cultural products that have had such extensive think pieces and discussion on this level."



2 Kevin Allred

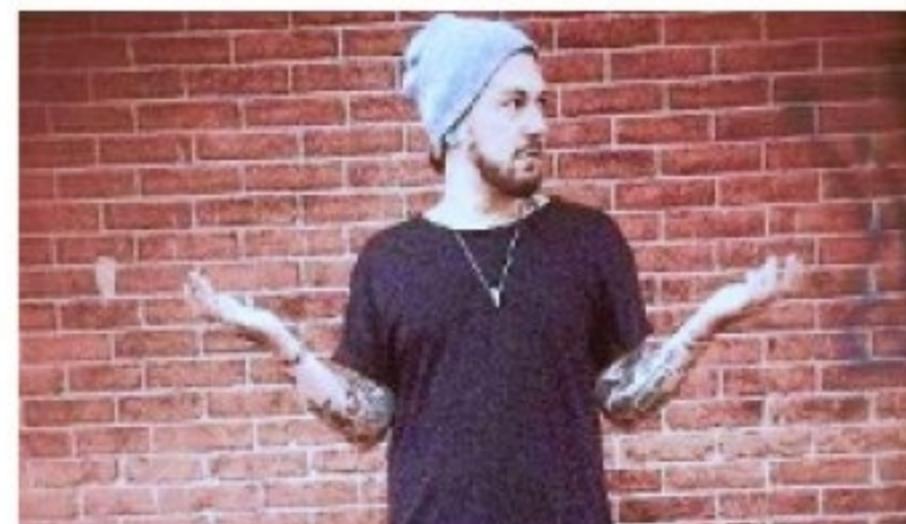
Position: Adjunct lecturer in American studies, Rutgers University

Course Name: Politicizing Beyoncé

Course Description: This course compares and contrasts Beyoncé's music and videos with seminal work by black female writers.

Why B? Allred finds Beyoncé's music and videos contain multiple layers. He argues the theme of infidelity that runs through *Lemonade*, for example, is allegorical for "the promise of rights; the promise of life, liberty, the pursuit of happiness; and how that has not been the case in a lot of ways, especially for black women."

Life After Lemonade: Get in Formation indeed. Allred aligns the imagery and themes of *Formation* and the *Formation* Tour with previous pop culture "movements," such as Janet Jackson's *Rhythm Nation*. "It's creating a movement with the music," he says. "It's not just a tour."



3 Naila Keleta-Mae

Position: Assistant professor of theatre and performance, University of Waterloo

Course Name: Gender and Performance

Course Description: Viewing Beyoncé's 2013 self-titled visual album as a series of performances through the lens of feminist theory.



Why B? As a scholar specializing in performance, Keleta-Mae saw the music videos that accompanied Beyoncé as a unique opportunity to analyze a pop star's self-presentation. Keleta-Mae was also energized by the excerpt of writer Chimamanda Ngozi Adichie's TEDx talk *We Should All Be Feminists* on the song *Flawless*.

"*Flawless*' has competing ideas, that we should all be feminists and on the other hand the refrain is 'bow down b-s,'" Keleta-Mae says. "How do we reconcile both of those within the space of a four-minute video?"

Life After Lemonade: Keleta-Mae applauds Beyoncé for making the black female experience the spine of a major pop album, but balks at critics who feel Beyoncé isn't enough of an agitator. "People want her to be more feminist, to be more radical, to be less mainstream," she says. "What's lost in all that is that she is a mainstream pop artist. Historically mainstream artists haven't been the ones to upset the mainstream. Otherwise they won't continue to occupy that position of influence and power. The expectation that she would take on the kinds of stances that aren't mainstream to me makes no sense. If Beyoncé starts speaking about radical feminism then she is not Beyoncé anymore."

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'I enjoy creating a better world'

WHY I LIKE MY JOB

Chantal Sylvestre, 23,
Energy Analyst at Energy@Work Inc.

I grew up on a farm and always felt connected to nature — so it only felt right to pursue a career that benefits the environment. I attended Humber College in Toronto,

where I completed a three-year advanced diploma in sustainable energy and building technology. I spent some time volunteering and networking in the areas of environment, renewable energy and green building, which eventually led to a full time position.

My job is to convey information in a meaningful way

to clients. I perform analysis on utility data to identify trends and opportunities for optimizing building performance, and have also conducted energy audits within commercial spaces to measure energy consumption, recommend conservation strategies and calculate potential savings.

Being an energy analyst is

similar to being a storyteller; it takes inventive skills to understand what the data is trying to tell you and how to best share it with others. I enjoy creating a better world by conserving energy. When we reduce energy consumption, we also reduce pollution and conserve water, which is pivotal for sustainability.


THE BASICS:
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Data for this feature was provided by payscale.com, statcan.gc.ca, humber.ca and onetonline.org.

MONEY MATTERS

You can't buy your blues away

Gail Vaz-Oxlade
For Metro Canada

Ashleigh loves to complain that she doesn't have any money.

I've been trying to help her figure out where her cash is going, and how she's going to start building up an emergency fund, so that the next time she loses a shift at work she isn't

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thrown into a panic.

The first time I asked Ashleigh where her emergency money went, she told me that it had been a very stressful week at work.

When she walked past her favourite dress shop, she popped in to have a look to cheer herself up.

She spent \$274 on a dress,

a great jacket and a new scarf. She was quite proud, since the dress was 50 per cent off. She had the money in the bank. She'd just rebuild her emergency fund.

The second time Ashleigh dipped into her emergency fund, it was because she was exhausted. "I just needed some me time," she said, her eyes

pleading with me to understand that it was a make-or-break thing. "I bust my ass. I deserve a spa day."

Ashleigh spends when she's stressed, when she's exhausted, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue.

Ashleigh is an emotional spender. Are you one, too?

If you shed dollars when you're in the emotional rough, it's time to figure out what's triggering your spending. Hey,

everyone enjoys the buzz of a new acquisition.

But if you're letting that buzz drive you to do things that will hurt you in the long run, you're the dog being wagged by your tail. Staying out of the stores is a good way to battle emotional spending.

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Nobody can face that much temptation and keep walking away. And when you're

HOW TO START

Many colleges offer specialized energy auditing programs, which provide hands-on, technical training in home, industrial and commercial inspections. A prospective student may also consider a diploma in sustainable energy and building technology, which places an emphasis on energy conservation, project management and sustainable building design.

WHERE YOU CAN GO

Swelling energy costs and a shift in building codes and development standards have driven the need for trained energy analysts. Canada is changing the way it distributes energy to confront environmental risks and to generate more work opportunities in green building and renewable energy projects. Government departments, construction contractors, environmental consulting companies and the Armed Forces are just a few sectors that promote and offer employment in this field.

NEXT CAREER STEP

The Energy Auditor in Training designation is an excellent preparatory vehicle for developing the technical skills needed to achieve the Certified Energy Auditor (CAE) certification. Both credentials provide fundamental knowledge on calculating energy consumption and developing conservation strategies.

stressed or blue, your resistance is lowered so you're that much more likely to drop some money.

I'm not saying you can't ever impulsively get an ice cream. Just don't make that impulsive response your bridge over an emotional gully. If buying is how you fix your bad moods, you're getting into a disastrous habit.

For more money advice, visit Gail's website at gailvazoxlade.com

New health care possibilities

BEYOND MAINSTREAM CARE

Alternative medicine creates career opportunities

Izabela Szydlo

The words "health care" typically bring to mind doctors, nurses and paramedics. But just beyond traditional Western medicine and the mainstream health care system, Canadians are increasingly turning to alternative or complementary medicine.

In fact, the Public Health Agency of Canada reports that more than 70 per cent of Canadians regularly use complementary and alternative health care therapies such as vitamins and minerals, herbal products, homeopathic medicines and other natural health products to stay healthy and improve their quality of life. This statistic opens up a new realm of health care



People want to get into complementary therapies like acupuncture as the demand for these medical services increases. iSTOCK

+ BACKGROUND
Health-care jobs on the rise

In addition to alternative medicine, other complementary health-care jobs are also on the rise as Canada's needs evolve. According to Statistics Canada, the number of midwives and practitioners of natural healing, for example, is expected to increase sharply in the coming years. The organization also reports that the need for community and social service workers, including crisis counsellors, as well as other medical technologists and technicians such as dietary technicians and food and nutrition technicians will also continue to quickly rise.

"The big change is public awareness," says Dr. Cheng of the more holistic approach Canadians are taking to health care. "More people are talking about alternative health."



The number of midwives is expected to increase sharply, according to Statscan. iSTOCK

When we opened the school, our class sizes were very small and now every year they are full.

Dr. Xia Cheng, Canadian Institute of Traditional Chinese Medicine, an acupuncture school in Calgary

career possibilities.

"It gives Canadians choices and the option to address their own health needs how they see fit," says Dr. Xia Cheng, who in 2004 established the Canadian Institute of Traditional Chinese Medicine, an acupuncture school in Calgary. "When we opened the school, our class sizes were very small and now every year they are full, so that indicates more people are wanting to get into these professions because there is a demand."

According to the Public Health Agency of Canada, there are hundreds of alternative or complementary therapies. Dr. Cheng says she counts naturopathy,

acupuncture, massage therapy and chiropractic among the top ones as they are typically completed much like advanced diploma or undergraduate programs with at least three to four years of training.

And much like the traditional health care system, she says, professionals in alternative medicine are well aware of Canada's aging population and the demands that come with such a change.

"I'm teaching courses in geriatric medicine right now and my students are really excited because they know they will need to increasingly help this population," says Dr. Cheng. "As people age, their body starts to decline

Traditional Chinese medicinal herbs are one popular form of alternative medicine. iSTOCK



and with alternative medicine we can help stimulate the body to maintain good function through herbs, which have minimal side effects, and other therapies."

The majority of alternative health care practitioners, says Dr. Cheng, will open up their own clinics or team up with other professionals in therapies similar to their own. For example, chiropractors, massage therapists and physiotherapists often open up multidisciplinary clinics.

"We keep track of our students' employment and pretty much everyone who has graduated from our school works at their own clinic or at other health clinics. It's a process for them to build up their practice but everyone is in the profession," she says.



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Need for nurses grows stronger

OLDER ADULT CARE

Schools try to get more students involved in study of geriatrics

Izabela Szydlo

No Canadian “in-demand careers” list is complete without registered nurses. And as the country’s population ages and the Canadian Nurses Association predicts that by 2022 the country could fall short by almost 60,000 full-time positions, nurses will be in even higher demand. But what does this mean for the post-secondary institutions training Canada’s future nurses?

“I think it is on the agenda of post-secondary institutions across Canada and everyone is planning strategically because working with older adults is one of the less desirable areas of nursing,” says Lorraine Venturato, the faculty of nursing chair in gerontology at the University of Calgary. “We are competing with cute babies and the life and death excitement of ICU with its advanced technology. When it comes to nursing and older adults, it is more about living.”

To change the attitudes of students toward older adult care, schools are tweaking their curriculums and getting students involved in the study of geriatrics through research, projects and the opportunity to complete placements at long-term care facilities.

Venturato, whose current research focuses on service delivery and workforce development, including the development and evaluation of innovative models of care and professional practice models for the delivery of care to older people, says one of the most exciting initiatives at the University of Calgary is a new collaboration with a supported living facility.

“We have a project that is getting started with Covenant Care that is an enhanced learning partnership model, which will give students exposure to working with older adults in a positive way,” she says. “It in-

CHANGING FIELD

Post-secondary institutions are learning to incorporate the intricacies of older-adult care into their education models and preparing students for a changing field. Prospective students, meanwhile, can expect to face more competition as they apply for programs. According to the provincial advanced education ministry, on average, Alberta’s publicly funded post-secondary system has seen steady annual enrolment increases across the system since 2004. It expects student demand to grow over the next several years — including in the health care fields.

volves discussing the wishes, preferences and values a person has about medical care for the future, when health may deteriorate. And residents are involved in evaluating the students. This is just one of the ways we are shifting the perspective.”

Once students graduate, the areas in which they may work with older patients won’t be limited to acute or long-term care options, says Venturato. She also predicts an increase in the demand for nurses in research, government, policy and more. No matter the area, she says, nurses will be required to work with professionals across health-care fields due to the complexities associated with the care of older adults.

“Because older-adult care is really not something one discipline can handle, it is more about working in teams now than ever before,” she says. “We are likely to be working with pharmacists, social workers and dieticians, for example. And that is one of the things we work on with our students, holistic care.”



Post-secondary institutions are learning to incorporate the intricacies of older adult care into education models. ISTOCK



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Take a long walk with the right gear

OUTDOOR ADVENTURES

How to keep feet happy, and hiking safety tips

Jason Menard

Interested in getting more activity in your life? It can be as easy as enjoying the great outdoors — and with the abun-

dant natural beauty in Alberta, hiking and backpacking could be just the ticket to health and happiness.

"Walking is one of the best exercises that you can do," explained Jane Ross, chair of the Alberta Hiking Association. "Also, if you belong to a hiking club or join a meet-up group, there are definite social advantages. Hiking/walking erases all social and economic dividers between people. If you hike with a club or a meet-up group you are joining others

who enjoy the outdoors and the camaraderie of like-minded people.

"You don't have to undertake a five-day backpack to enjoy good company and excellent exercise."

Having the right equipment is important, said David Arsenault, the hard goods buyer at Campers Village. And while many people get involved because a friend has some extra equipment, if you find that you want to pursue the activity, it's worth investing a little

in quality gear.

"Footwear is probably going to be your best friend," he said. "I've seen people hiking in flip flops, I've seen people hike in running shoes, but if you're going to do longer hikes, you need the right footwear and a quality backpack."

"Keep your feet happy, keep your back happy, and you'll enjoy the experience more."

Arsenault explained that an outdoors shop, like Campers Village, can provide you with help on sourcing the right

gear — everything from water filters to tools that can tether your cell phone to satellites to provide notifications. But both he and Ross say it's important to note that while the paths are well maintained and marked, you're still in the wild.

"Safety. Never leave home without it," Ross said. "Anytime you are hiking outside city limits, always carry bear spray. Remember black bears can be as dangerous as a mama grizzly."



Longer hikes call for quality shoes and backpacks. iSTOCK

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Before you take that hike

So what do you need to take your first steps on a hike? And possibly working towards a more rigorous backpacking adventure?

"A good pair of running shoes is all you need if you are planning an hour or two walking along city pathways," explained Jane Ross, chair of the Alberta Hiking Association. "Hiking in the mountains, though, calls for more robust footwear that gives you good ankle support. Some people find that hiking poles ease the pressure on knee joints."

And if you're going for a longer trip, you'll

need other items including sleeping rolls, tents, and food.

"For a day hike or a backpacking trip, hikers require a pack [day pack or backpack] where they will carry a water bottle and/or a water purifier, rain gear in case there is a change in the weather, and a snack," Ross added. "A compass, GPS, topographic maps and guidebooks will help give any hiker, experienced or not, confidence in hitting the trail." JASON MENARD



TRAILS TO EXPLORE AROUND EDMONTON

"Edmonton has 48 kilometres of trails along the North Saskatchewan River and another 100 kms of maintained multi-use trails," said Jane Ross, chair of the Alberta Hiking Association.

"There are so many great trails in the mountains...among my personal favourites are the Cline and Coral Canyons Loop, Allstones Lake and Tuff Puff, all day hikes accessible from Highway #11

west of Nordegg."

David Arsenault, hard goods buyer, Campers Village offered five options. "These first three are great for day hikes," he said. "The last two are great backpacking trips for those that are just starting out."

1. Chickakoo Lake
2. Blackfoot/Cooking Lake
3. Elk Island National Park
4. Athabasca Pass in Jasper
5. Skyline Trail JASON MENARD

Milos Raonic advanced to the second round of the French Open with a 6-3, 6-2, 7-6 (5) win over Janko Tipsarevic Monday



Clawing their way back

RAPTORS

SERIES TIED 2-2

Lowry pours in 35 points in front of home crowd

On a night that marked the Toronto Raptors' most dramatic game of the post-season, they clawed their way back to tie up the NBA Eastern Conference final.

Kyle Lowry scored 35 points, while DeMar DeRozan added 32 in the Raptors' 105-99 victory over the Cleveland Cavaliers, two games after the Raptors had been all but written off.

DeMarre Carroll chipped in with 11 points, while Bismack Biyombo hauled down a game-high 14 rebounds.

LeBron James points had 29 to top Cleveland.

Backed by Lowry's sharp-shooting, the Raptors raced out to an 18-point first-half lead. But the Cavaliers, who'd made just three of their 22 three-point shots in the first half started hitting from long distance, and when Irving drained two straight, he pointed at Drake as he ran back upcourt.

The Raptors led 78-69 to start the fourth, but Channing Frye drained three straight threes, and when James scored on a driving layup with 8:20 left, the Cavaliers took their first lead of the game.

Toronto hit back with five straight points to take a three-

GAME 4 In Toronto



point lead into the game's final three minutes. Irving drained a three, but a basket by DeRozan, and a couple of key rebounds, had the Raptors up by four with 42 seconds left.

Lowry drove to the hoop for a basket with 23 seconds left, to the ear-splitting roar of the Air Canada Centre crowd, and Biyombo grabbed a rebound with five seconds to play. He was fouled on the play, but missed both free throws. The crowd didn't care — they saluted him with chants of "M-V-P!"

The Raptors were clobbered by the Cavaliers by 50 points combined in Games 1 and 2 in Cleveland, but backed by the hometown crowd, roared to a 99-84 win in Game 3.

Game 5 is Wednesday in Cleveland.

THE
CANADIAN
PRESS



Raptors centre Bismack Biyombo and guard DeMar DeRozan celebrate the last seconds of Game 4 on Monday night. FRANK GUNN/THE CANADIAN PRESS

THE RETURN OF JONAS

The Raptors added **Jonas Valanciunas** to their active roster Monday, but the centre sat on the bench for the entirety of Game 4. Valanciunas, who

badly sprained his ankle in Game 3 of the Eastern Conference semifinals versus Miami, is averaging 15 points, 12.1 rebounds and 1.4 blocks in the playoffs.

NBA PLAYOFFS

Green plays the blame game

Draymond Green knows who is responsible for his kick to the groin of Thunder centre Steven Adams: Russell Westbrook and the rest of the NBA stars who get to the foul line with a whole lot of salesmanship.

Green's kick felled the seven-foot, 255-pound Adams during the second quarter of Golden State's Game 3 loss to Oklahoma City in the Western Conference final on Sunday night. Westbrook later said Green kicked Adams intentionally — and that didn't go over well with the Warriors' standout.

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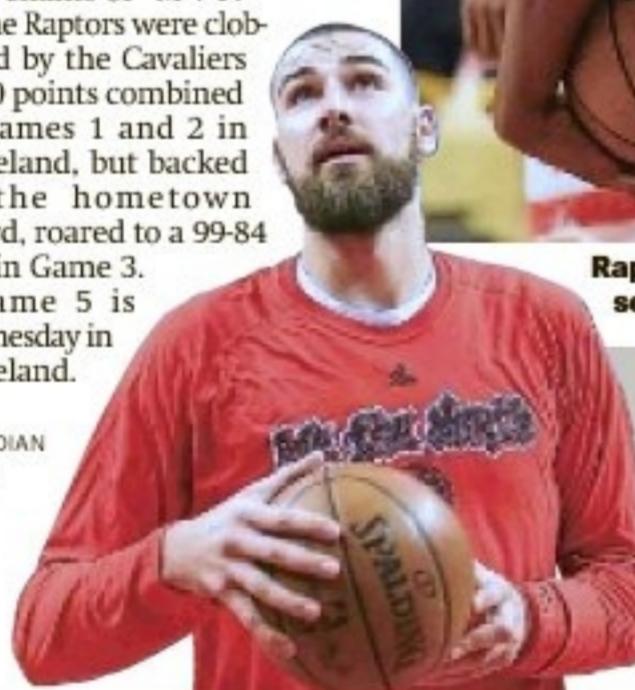
The NBA fined Green \$25,000 for the kick.

"There are multiple plays where I did it later in the game when I got fouled and my right leg went up," Green said Monday. "I always do it. Russell said I did it on purpose, but he's part of the superstar group that started all this acting in the NBA."

Green was called for a Flagrant 1 foul. The league later upgraded the foul to a Flagrant 2.

The defending champion Warriors trail 2-1 in the series with Game 4 on Tuesday night.

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GETTY IMAGES

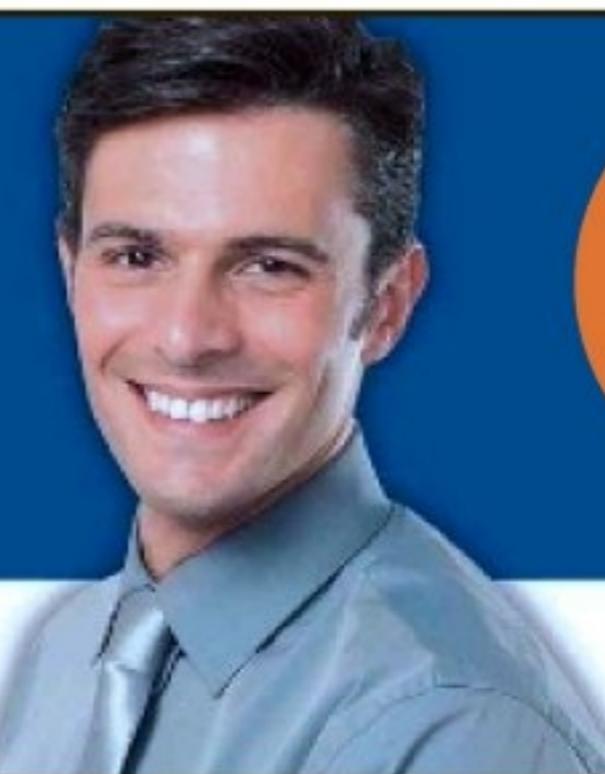
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Little Joe has Sharks out in front in Western final

NHL PLAYOFFS

Pavelski pots two more as Blues crumble in Missouri

Joe Pavelski scored two goals, including the go-ahead score in the opening minute of the third period, and the San Jose Sharks beat the St. Louis Blues 6-3 to take a 3-2 lead in the Western Conference final on Monday night.

Joel Ward also scored twice including one of two empty-netters in the final minute for San Jose, which can close it out at home on Wednesday night. The Sharks have never reached the Stanley Cup Final. Joe Thornton had three assists for the Sharks.

Pavelski leads the playoffs with 12 goals and has three two-goal games, one in each series. The Sharks' captain added an assist and is tied with teammate Logan Couture for the post-season points lead, each with a franchise-record 21 points.

Rookie Robby Fabbri scored and David Backes had an assist for St. Louis. Both were questionable coming off injuries in Game 4.

The Blues are just 4-6 at home in the post-season, and failed to hold leads of 2-1 and 3-2 in

GAME 5 In St. Louis



Game 5. They're 6-3 on the road.

The Sharks were 2-for-3 on the power play in the win.

Troy Brouwer batted in a rebound from midair for St. Louis and Ward also scored a similar goal for San Jose with his first of the game.

Brouwer leads St. Louis with eight goals in 19 games this post-season after totalling seven in his first 78 playoff games.

Pavelski was left alone in the slot on a power play at 18:33 of the second and beat Jake Allen to tie it at 3-3. He redirected Brent Burns' drive from the point 16 seconds into the third to put the Sharks in front to stay.

San Jose goalie Martin Jones allowed three goals on the Blues' first 13 shots, but stopped all seven shots in the third.

The Sharks scored first on Marc-Edouard Vlasic's first goal of the post-season from the point at 3:51 of the first period.

THE ASSOCIATED PRESS



Tomas Hertl jumps on the back of Joe Pavelski after the Sharks captain's third-period goal on Monday night in St. Louis. JAMIE SQUIRE/GETTY IMAGES

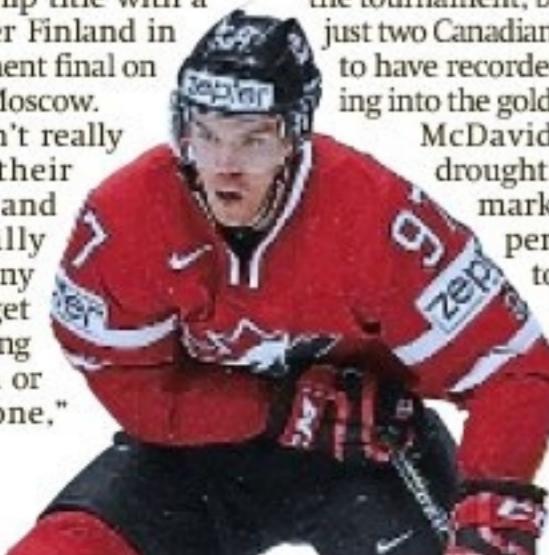
WORLD HOCKEY CHAMPIONSHIP

McDavid strikes first in golden game

Connor McDavid's first goal of the world hockey championship proved to be golden. The defence and goaltending took care of the rest.

McDavid's goal in the first period stood as the winner, backing a 16-save shutout from fellow Oiler Cam Talbot as Canada successfully defended its world championship title with a 2-0 win over Finland in the tournament final on Sunday in Moscow.

"We didn't really feed into their transition and didn't really give them any chance to get anything going off the rush or the end zone,"



Connor McDavid

GETTY IMAGES

McDavid said. "Anything that we did give up, (Talbot) was amazing."

The 19-year-old Oilers centre, who became the youngest player ever to win gold at the world under-18 tournament, world junior championship and world championship, had eight assists in the first nine games of the tournament, but was one of just two Canadian forwards not to have recorded a goal coming into the gold-medal game.

McDavid ended his drought at the 11:24 mark of the first period, driving to the net and deking out sprawling Finnish netminder Mikko Koskinen.

THE CANADIAN PRESS

OBITUARY

Ex-Leaf coach Brophy passes away in Nova Scotia

John Brophy, a hard-nosed hockey man whose colourful coaching career included a stint at the helm of the Toronto Maple Leafs, has died. He was 83.

The ECHL, where Brophy coached for 13 seasons, said in a statement Monday that the native of Antigonish, N.S., died after a lengthy illness.

Brophy was a hard-as-nails minor-pro player who accumulated 3,900 penalty minutes. He began as a player-coach in the not-for-the-faint-of-heart Eastern Hockey League in 1967, transitioning behind the bench in 1973. His coaching career spanned four decades, mostly in the minors.

THE CANADIAN PRESS

MEMORIAL CUP

Knights drive nine past Wheat Kings

Christian Dvorak scored three times and tacked on an assist as the London Knights hammered the Brandon Wheat Kings 9-1 on Monday at the 2016 Memorial Cup.

The victory guarantees the OHL champion Knights at least a spot in the tournament semi-final, while the WHL champion Wheat Kings have to beat the host Red Deer Rebels to keep their hopes alive.

Dvorak leads all skaters with five goals in two games after scoring a pair in London's opener.

Cliff Pu, Aaron Berisha, Matthew Tkachuk, JJ Piccinich, Max Jones and Daniel Bernhardt also scored for the Knights (2-0). Mitch Marner tacked on four assists while Olli Juolevi chipped in with three.

Stelio Mattheos kept the Wheat Kings (0-2) from being shut out.



London centre Cliff Pu celebrates his goal with Max Jones on Monday in Red Deer. JEFF MCINTOSH/THE CANADIAN PRESS

Tyler Parsons made 23 saves for London while Jordan Papirny kicked out 19 of 26 shots in two periods of work for Brandon. Papirny was replaced at the beginning of the third by Logan Thompson.

THE CANADIAN PRESS

IN BRIEF

Still plenty of air in 'Deflategate' court case

Tom Brady's lawyers asked a federal appeals court for a new hearing before an expanded panel of judges, telling them on Monday that it is not just a silly dispute over underinflated footballs — it's the basic right to a fair process that is shared by all union workers.

Setting the stage for the "Deflategate" scandal to stretch into its third season, and putting Brady's four-game suspension back in the hands of the courts, the players' union asked all 13 judges of the 2nd U.S. Circuit Court of Appeals to hear the case that a three-judge panel decided in the league's favour.

THE ASSOCIATED PRESS

Vogelsong takes scary pitch to head in Pirates' win

Pirates starter Ryan Vogelsong was carted off the field after getting struck in the head by a pitch in the second inning of a 6-3 win over the Colorado Rockies on Monday in Pittsburgh.

With the bases loaded and Pittsburgh leading 1-0, Rockies starter Jordan Lyles (1-2) hit Vogelsong in the left cheek with a 92 m.p.h. fastball. Vogelsong was making his second start of the season, filling in because of a rainout Sunday.

The Pirates later said he was admitted to the hospital for injuries to his left eye. THE ASSOCIATED PRESS

Darvish set to start in Pitt

Yu Darvish is line to make his first start Saturday for the Texas Rangers in nearly 22 months since having Tommy John surgery.

Darvish is expected to start for the Rangers in Saturday night's home game against Pittsburgh after five rehab outings this month.

Manager Jeff Banister said Monday that Darvish will start the middle game of that interleague series if he feels good.

THE ASSOCIATED PRESS

Borussia lose centre back Hummels to rival Bayern

Germany defender Mats Hummels completed his transfer Monday from Borussia Dortmund to Bayern Munich.

The 27-year-old Hummels signed a five-year deal through June 2021, two weeks after the Bundesliga rivals agreed on the transfer, Bayern announced.

THE ASSOCIATED PRESS

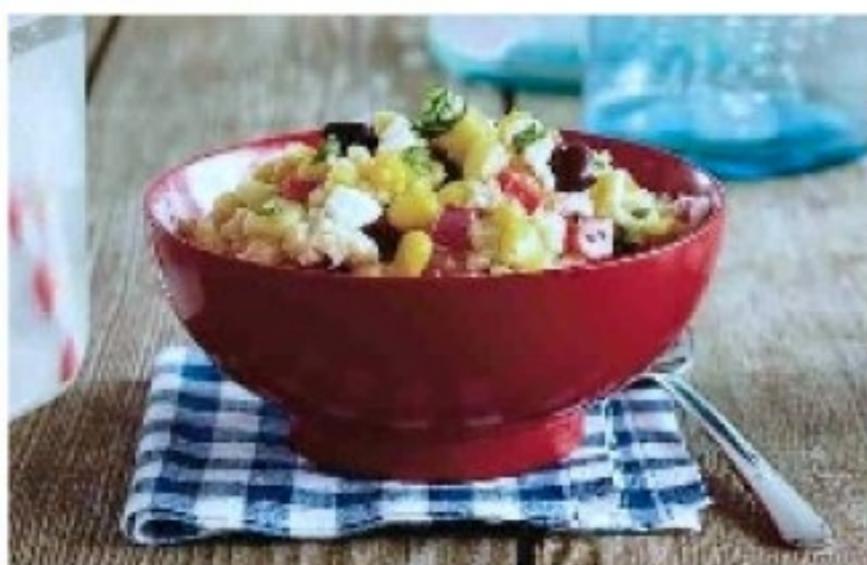
RECIPE Corn and Black Bean Cous Cous Salad

PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

A hearty salad on its own or top it with grilled chicken for a quick and easy dish.

Ready in
Prep time: 15 minutes
Cook time: 10 minutes

Ingredients

- 1 package couscous
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing
• 1 tablespoons extra virgin olive oil
• 2 tablespoons rice wine vinegar
• 1 tablespoon lemon juice

- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cook couscous according to package directions. Bring a large pot of salted water to boil. Drop in corn. Allow to cook for 3 minutes, or until corn is tender. Remove from water and allow to cool. Cut corn kernels from cob.

2. Pour couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta. In a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

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*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next three weeks, you will notice more beauty in your surroundings. In addition, you will be aware of how much love there is in your daily world.

Taurus April 21 - May 21
Look for ways to boost your income in the next few weeks, because you can do this. You will want to buy beautiful things for yourself and for loved ones.

Gemini May 22 - June 21
Today Fair Venus moves into your sign to stay for the next three weeks. This means this is perhaps the best time of the year for you to buy wardrobe goodies.

Cancer June 22 - July 23
Clandestine love affairs and secret rendezvous will take place for many of you in the next few weeks. (Don't threaten a long-term relationship with a mere bonbon.)

Leo July 24 - Aug. 23
Friendships will warm up in the next few weeks. In fact, many of you will attract creative, artistic people to you. Expect a lovely, social time ahead.

Virgo Aug. 24 - Sept. 23
In the next few weeks, someone will ask for your creative input on form, design, layout, gardening, furniture arrangement — whatever. Relations with authority figures will be cozy as well.

Libra Sept. 24 - Oct. 23
Travel for pleasure will appeal to you in the month ahead. Grab every chance you can to expand your world and enjoy museums and the creative art of other cultures.

Scorpio Oct. 24 - Nov. 22
Keep your pockets open, because gifts, goodies and money from others will come your way in the next several weeks. Don't ask questions. Just say, "Thank you!"

Sagittarius Nov. 23 - Dec. 21
Venus opposite your sign for the next few weeks is one of the best times for warm friendships, marriages and close partnerships. Venus paves the way for a lovely give and take.

Capricorn Dec. 22 - Jan. 20
Praise, a raise and improved relations with co-workers will please you in the next few weeks. Even your health will feel improved.

Aquarius Jan. 21 - Feb. 19
Romance, love affairs, vacations, fun times at sports events and playful activities with children are tops on the menu for you in the next month. Aquarians are ready to play.

Pisces
Feb. 20 - March 20
You will love to redecorate your digs in the next several weeks. However, this is also a good time for real-estate possibilities and entertaining at home.

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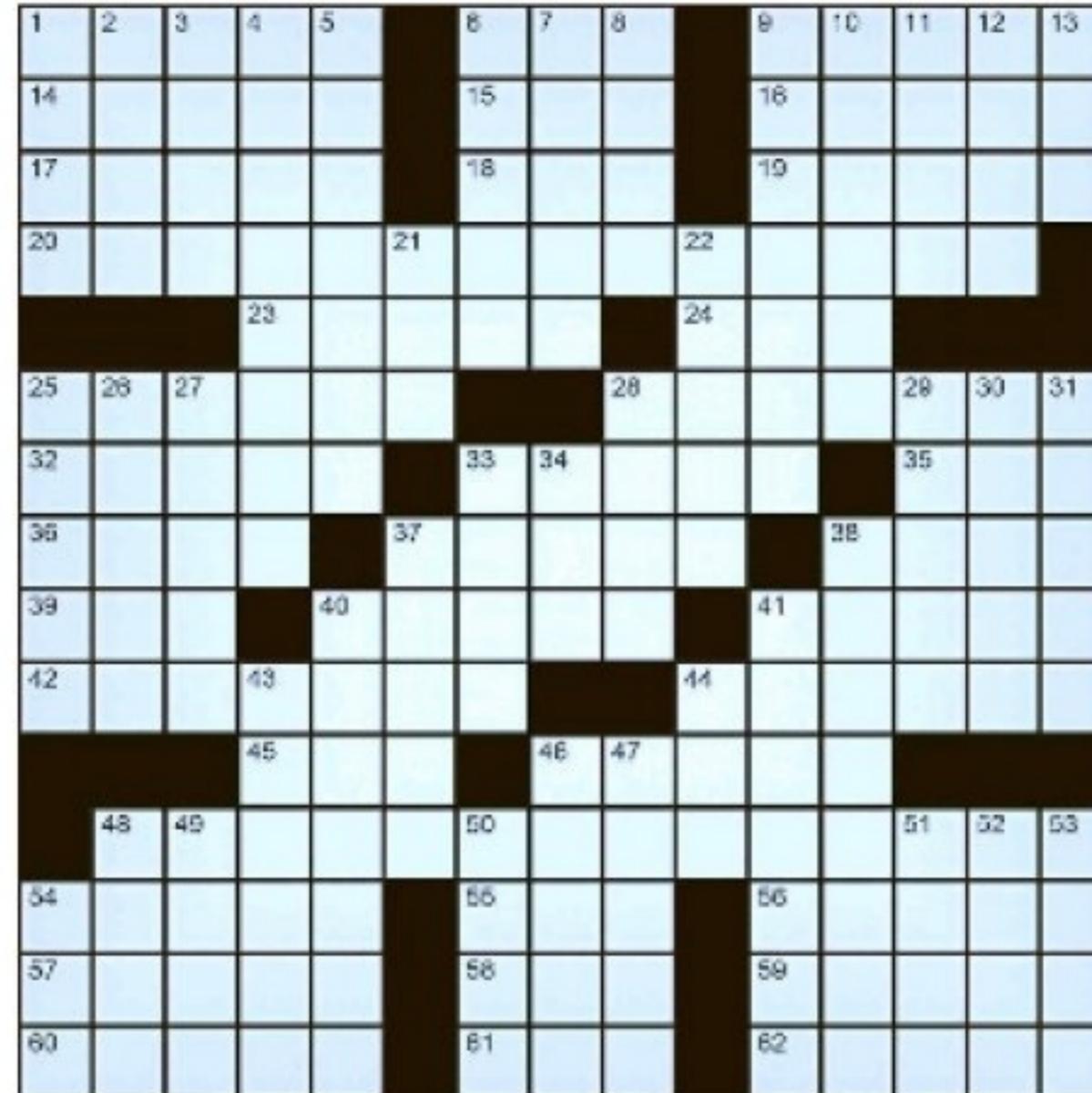
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10. Canadian songstress
Ms. McLachlan
11. Cheese variety
12. Abundant
13. Weekend day, wee-ly
21. Road's coat
22. Joel and Ethan of Hollywood
25. _ war (Battled)
26. Eat away
27. Mortise and _ (Carpentry joint)
28. Fourteen - five = What?
29. Picture
30. Reddish-rose dye
31. Sugary
33. Wharf
34. WWW address
37. Edward's beloved in 'Twilight' movies
38. Restaurant dish go-with: 2 wds.
40. Toronto's big airport
41. Pesters
43. Vigil vicinity
44. Unit of weight ..US-style
46. Pool nuisance
47. Like oversized clothing
48. Papa's wife
49. Segment
50. Holler!
51. Matador's victim
52. Secret agent, for short
53. "Happy Days" geek
54. Hat

CONCEPTIS SUDOKU by Dave Green

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